

# Youth Wellness Resource Guide



## The Wellbeing Partners

[TheWellbeingPartners.org](http://TheWellbeingPartners.org)

The Wellbeing Partners seek to build wellbeing into the way communities grow and do business. Our membership is made up of corporations, community partners, and individuals who want to see a community where all people and places thrive. An important part of our work focuses on helping youth-serving organizations infuse healthy strategies into the way that we serve individuals, families, and communities. This guide serves as a frequently updated resource that connects you to a collective of some of the best agencies reaching youth in our community.



## The Wellbeing Partners' Youth Wellness Work

The Wellbeing Partners use health evaluation tools, like the CDC's School Health Index, along with wellness education tools, including 5-4-3-2-1 Go!®, to support area schools, out of school programs, and community organizations in building wellness into their work with youth. Visit [GoNebraskaKids.org](http://GoNebraskaKids.org) to learn more and find free helpful resources. For help improving your program's wellness or for help implementing the countdown in your school, child care center, or community organization, contact The Wellbeing Partners.

Since 2013, PHS has provided technical assistance and professional development for school staff, in order to achieve policy, systems, and environmental change. To learn more, contact [youthwellness@thewellbeingpartners.org](mailto:youthwellness@thewellbeingpartners.org).

## Safe Routes to School

The Wellbeing Partners works with Omaha Public Schools to implement Safe Routes to School at four buildings. Safe Routes to School aims to create safe, convenient, and fun opportunities for children to bicycle and walk to and from school. The goal is to reverse the decline in children walking and bicycling to schools, increase kids' safety and reverse the alarming nationwide trend toward childhood obesity and inactivity. To learn more, contact [saferroutes@thewellbeingpartners.org](mailto:saferroutes@thewellbeingpartners.org).





## Healthy Families (One World Health)

[OneWorldOmaha.org](http://OneWorldOmaha.org)

Healthy Families is a free, family-based intervention program for families with one or more children and/or teens who have been diagnosed as overweight or obese and are ready to make a healthy change. Healthy Families is a fun class that engages the whole family in physical activity, nutrition, and behavioral health skills that help the family set and achieve healthy lifestyle goals. One World provides the Health Families program in South Omaha. Contact them to be connected to other Healthy Programs across the Omaha Metro.

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## Nutrition Education Program (University of Nebraska Lincoln Extension)

[Food.unl.edu/nutrition-education-program-nep](http://Food.unl.edu/nutrition-education-program-nep)

The Nutrition Education Program (NEP) offers a variety of programs and resources for schools and is free to schools where 50% or more the students receive free or reduced price meals.

Nutrition School Enrichment Kits: Kits available for teachers to check out for 4 weeks. Each kit has 5 lessons with materials to teach health, math, science, and reading as it relates to nutrition.

After-School & Summer-School Programs: A series of food and nutrition classes taught by nutrition educators at after-school and summer-school programs. Classes include hands-on activities, games, and cooking experiences.

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## Brain Blasters (University of Nebraska at Omaha)

[unomaha.edu/college-of-education/health-kinesiology/research/behavior-modification.php](http://unomaha.edu/college-of-education/health-kinesiology/research/behavior-modification.php)

Brain Blasters is a free online resource that provides teachers with research and resources regarding incorporating movement into classrooms. Whether you're looking for short physical activity breaks to help improve students' focus or to incorporate purposeful movement within your curriculum to enhance student learning, Brain Blasters is a one stop shop for learning about classroom physical activity. Visit the link above for access to a variety of resources including example videos, PDF newsletters, and infographics highlighting the latest classroom physical activity research.

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## Midwest Dairy Council

[Midwestdairy.com/about-us/contact-us/](http://Midwestdairy.com/about-us/contact-us/)

Curriculum options for elementary and middle schools that includes STEM concepts while showing students where milk comes from and how dairy contributes to our world. Classrooms can adopt a cow, take a virtual field trip, and engage in other virtual experiences.

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## Fuel Up to Play 60

[Midwestdairy.com/education/school-programs/futp60](http://Midwestdairy.com/education/school-programs/futp60)

Fuel Up to Play 60 empowers students to lead their schools in fueling up with nutrient-rich foods like dairy products, fruits, vegetables, lean meats, and whole grains, and to be active for at least 60 minutes each day. The program provides an easy-to-follow online game plan, challenges and contests to engage participants, a chance to earn recognition, and NFL awards and funding opportunities. Enroll your school at [www.FueltoPlay60.com](http://www.FueltoPlay60.com).



## GoNoodle Inc.

[Gonoodle.com](http://Gonoodle.com)

GoNoodle Inc. is provided to Omaha area school districts by Children's Hospital & Medical Center. GoNoodle provides teachers with 5 minute brain-breaks related to deep breathing, stretching, and physical activity. Trainings and technical support are offered to all schools interested in implementing GoNoodle.

## Get Checked Omaha (Women's Fund of Omaha)

[GetCheckedOmaha.com](http://GetCheckedOmaha.com)

The Women's Fund Omaha seeks to create sustainable community-wide changes through research-based, results-focused, comprehensive sex education as well as barrier-free access to sexual and reproductive health services. Get Checked Omaha is an initiative of the Women's Fund Omaha, in partnership with Charles Drew Health Center, Douglas County Health Department, Nebraska AIDS Project, Nebraska Medicine at Girls Inc, Nebraska Urban Indian Health Coalition, North Omaha Area Health, OneWorld Community Health Centers, Planned Parenthood North Central States, and the University of Nebraska Omaha.

Visit [GetCheckedOmaha.com/lets-talk](http://GetCheckedOmaha.com/lets-talk) for age-appropriate resources and reading lists for parents and other askable adults to discuss safer sex with the young people in their life in a way that's relatable to them. Contact for medically-accurate, comprehensive sex education technical assistance (lesson plans, resources, sexual health messaging) and sexual health training requests.

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## Douglas County School Gardens

[Douglascounty-ne.gov/gardens/start-a-school-garden](http://Douglascounty-ne.gov/gardens/start-a-school-garden)

Plants aren't the only things that grow in school gardens. So do people when they work and learn in community gardens. These outdoor communal spaces are living classrooms that provide "hands-on" education. The Douglas County School Garden Toolkit provides the knowledge to set up safe and sustainable school garden.

Toolkit: <http://douglascounty-ne.gov/gardens/images/stories/schoolgardens/SchoolGardenToolkit2012.pdf>



## Whole Kids Foundation (Whole Foods Market Omaha)

[WholeKidsFoundation.org](http://WholeKidsFoundation.org)

Whole Kids Foundation is a nonprofit 501(c)(3) founded by Whole Foods Market and guided by the same values, principles, expertise and standards for quality ingredients, food production methods and nutrition. We support schools and inspire families to improve children's nutrition and wellness. Given the right opportunities, kids will get excited about fresh fruits, vegetables, whole grains and other nutritious whole foods.

## City Sprouts Community Garden

[OmahaSprouts.com](http://OmahaSprouts.com)

City Sprouts Community Garden, located at 4002 Seward Street in the Orchard Hill neighborhood of North Omaha, is home to a 45 raised garden beds, a wide array of fruit and nut trees, and 10 happy chickens. With a diverse portfolio of programming, both at our community garden and with our portable classroom activities, we seek to provide skills and awareness around gardening, food traditions, health and nutrition. We invite classrooms of all ages to visit our garden to explore what's growing in the city. Grow with us!



## Truck Farm Omaha (City Sprouts)

[Truckfarmomaha.com](http://Truckfarmomaha.com)



Truck Farm Omaha (TFO) is a mobile program that brings the farm to your group or school through a variety of garden and farm-themed educational lessons. The program is dedicated to teaching Omaha-area youth about healthy eating, environmental sustainability, and the benefits of growing one's own food. Choose from a variety of topics including learning about chickens, worms, bees, and gardening. Before visiting, they will work with you to adapt the session to suit your needs. Due to the hands-on nature of their sessions, Truck Farm is best suited for groups or classes that include no more than 30 students at one time, although consecutive sessions can be arranged.

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## The Big Garden

[Gardenbig.org](http://Gardenbig.org)



The Big Garden, founded in 2005, is an Omaha-based network of over 100 gardens. The Big Garden partners with schools, churches, and nonprofits to start fruit and vegetable gardens. The program provides start up funding, hands-on programming services, seasonal workshops, educational resources, and ongoing support and technical assistance. Any school or organization is eligible to apply, and applications are accepted throughout the fall and winter.

## Whispering Roots

[WhisperingRoots.org](http://WhisperingRoots.org)



The goal of Whispering Roots is to provide fresh, locally grown, healthy food and nutritional education for schools and socially and economically disadvantaged communities by using Aquaponics, Hydroponics and Urban Farming. Our re-circulating Aquaponic systems grow healthy, great tasting fish and pesticide free produce. In addition, our cutting edge school programs teach the principles of Science, Technology, Engineering and Math (S.T.E.M.) by using "Hands On" experiential learning.

## No More Empty Pots

[NMEPOmaha.org](http://NMEPOmaha.org)



No More Empty Pots (NMEP) is a grassroots non-profit organization that strives to support communities in becoming self-sufficient and food secure through collaboration and adherence to our core values of education, stewardship, and sustainability. NMEP provides educational opportunities, jobs, entrepreneurship support, access to affordable healthy foods, and community collaboration. Visit the NMEP Food Hub to engage with your community in the Kids Kitchen, Commercial Kitchen, Business Incubator, Rooftop Garden, and Cups Cafe at Florence.

Facebook: [@nomoreemptypots](https://www.facebook.com/nomoreemptypots)

Instagram: [@nomoreemptypots](https://www.instagram.com/nomoreemptypots)

## Action for Healthy Kids

[ActionforHealthyKids.org](http://ActionforHealthyKids.org)



Action for Healthy Kids (AFHK) was created in 2002 as a response to then-Surgeon General Dr. David Satcher's public call to action to work with schools to fight the national epidemic of childhood obesity. AFHK is the go-to place for how-to guides, fact sheets, and quick tips that will help schools create a healthy environment. Whether you're helping to write a new school nutrition policy or activate classroom energizers, you can find best practice tools from partners, volunteers, and experts. For more information or to sign up to receive updates, please visit [actionforhealthykids.org/contact/](http://actionforhealthykids.org/contact/).



## Healthy Schools - Nebraska Department of Education

[education.ne.gov/ns/nslp/healthy-schools/](http://education.ne.gov/ns/nslp/healthy-schools/)

The Nebraska Healthy Schools Program works with teachers, administrators, school nurses, out of school program staff, students, and community organizations to ensure students are healthy, safe, engaged, supported, and challenged as part of the Whole Child framework.

## Safe Kids Douglas County (Children's Hospital & Medical Center)

[Safekids.org/coalition/safe-kids-douglas-county-ne](http://Safekids.org/coalition/safe-kids-douglas-county-ne)

Safe Kids Douglas County is a collaboration of community organizations whose goal is to keep kids safe from preventable injuries, the #1 killer of children in the United States. Safe Kids Douglas County is supported by Children's Hospital & Medical Center's Injury Prevention Program.

The **Car Passenger Safety Task Force** conducts car seat checkup events and provides education on car passenger safety. The **Water Safety Task Force** provides drowning prevention education to children and parents in the community. The **Pedestrian/Bike Safety Task Force** conducts bike helmet fittings and provides free bike helmets to children. They also provide education about pedestrian and bike safety. The **Home Safety Task Force** provides education on home safety issues such as poisoning, burns, falls, fires and choking.

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